

19-21
декабря 2024XVIII КУБОК
ВЛАДИМИРА САЛЬНИКОВА

МЕЖДУНАРОДНЫЕ СОРЕВНОВАНИЯ ПО ПЛАВАНИЮ

109

, 400m

19.12.2024 - 18:11

WR	3:54.81	SETO Daiya	JPN	Las Vegas (USA)	20.12.2019
WJ	3:56.47	BORODIN Ilya	RUS	Abu Dhabi (UAE)	20.12.2021
CR	3:57.88		RUS	-	16.12.2022

: AQUA 2024

								R.T.				
1.				2003				RUS	+0,67	4:02.48	908	
	25m:	11.65	11.65	125m:	1:11.52	15.93	225m:	2:14.42	17.30	325m:	3:20.53	14.94
	50m:	25.95	14.30	150m:	1:26.85	15.33	250m:	2:31.28	16.86	350m:	3:34.72	14.19
	75m:	40.56	14.61	175m:	1:41.96	15.11	275m:	2:48.34	17.06	375m:	3:48.78	14.06
	100m:	55.59	15.03	200m:	1:57.12	15.16	300m:	3:05.59	17.25	400m:	4:02.48	13.70
2.				2000				RUS	+0,64	4:06.36	865	
	25m:	11.53	11.53	125m:	1:11.58	15.72	225m:	2:15.11	17.37	325m:	3:22.42	14.61
	50m:	26.07	14.54	150m:	1:26.99	15.41	250m:	2:32.69	17.58	350m:	3:36.86	14.44
	75m:	40.63	14.56	175m:	1:42.29	15.30	275m:	2:50.25	17.56	375m:	3:51.55	14.69
	100m:	55.86	15.23	200m:	1:57.74	15.45	300m:	3:07.81	17.56	400m:	4:06.36	14.81
3.				1999				RUS	+0,74	4:07.32	855	
	25m:	11.90	11.90	125m:	1:13.07	16.53	225m:	2:18.33	17.16	325m:	3:24.76	14.87
	50m:	26.51	14.61	150m:	1:29.09	16.02	250m:	2:35.33	17.00	350m:	3:39.35	14.59
	75m:	41.27	14.76	175m:	1:45.12	16.03	275m:	2:52.55	17.22	375m:	3:53.54	14.19
	100m:	56.54	15.27	200m:	2:01.17	16.05	300m:	3:09.89	17.34	400m:	4:07.32	13.78
4.				2007		-		RUS		4:12.09	808	
	25m:	12.10	12.10	125m:	1:13.52	16.23	225m:	2:18.73	18.15	325m:	3:29.23	14.96
	50m:	26.59	14.49	150m:	1:29.00	15.48	250m:	2:36.98	18.25	350m:	3:43.74	14.51
	75m:	41.84	15.25	175m:	1:44.88	15.88	275m:	2:55.35	18.37	375m:	3:58.11	14.37
	100m:	57.29	15.45	200m:	2:00.58	15.70	300m:	3:14.27	18.92	400m:	4:12.09	13.98
5.				2003				RUS	+0,48	4:12.31	806	
	25m:	11.81	11.81	125m:	1:12.84	16.42	225m:	2:17.87	17.90	325m:	3:28.64	15.05
	50m:	26.20	14.39	150m:	1:28.40	15.56	250m:	2:36.19	18.32	350m:	3:43.17	14.53
	75m:	41.04	14.84	175m:	1:44.21	15.81	275m:	2:54.60	18.41	375m:	3:57.90	14.73
	100m:	56.42	15.38	200m:	1:59.97	15.76	300m:	3:13.59	18.99	400m:	4:12.31	14.41
6.				2007				RUS		4:13.16	797	
	25m:	11.88	11.88	125m:	1:14.75	16.77	225m:	2:21.89	17.30	325m:	3:30.23	14.78
	50m:	26.79	14.91	150m:	1:31.25	16.50	250m:	2:39.78	17.89	350m:	3:44.61	14.38
	75m:	42.27	15.48	175m:	1:48.08	16.83	275m:	2:57.45	17.67	375m:	3:59.09	14.48
	100m:	57.98	15.71	200m:	2:04.59	16.51	300m:	3:15.45	18.00	400m:	4:13.16	14.07
7.				1996				RUS	+0,51	4:13.82	791	
	25m:	11.94	11.94	125m:	1:15.42	16.74	225m:	2:21.31	17.72	325m:	3:30.89	15.52
	50m:	27.10	15.16	150m:	1:31.58	16.16	250m:	2:39.34	18.03	350m:	3:45.54	14.65
	75m:	42.74	15.64	175m:	1:47.64	16.06	275m:	2:57.27	17.93	375m:	3:59.95	14.41
	100m:	58.68	15.94	200m:	2:03.59	15.95	300m:	3:15.37	18.10	400m:	4:13.82	13.87
8.				2001		-		RUS	+0,64	4:14.57	784	
	25m:	12.32	12.32	125m:	1:14.57	16.61	225m:	2:20.64	18.06	325m:	3:31.09	15.70
	50m:	27.15	14.83	150m:	1:30.35	15.78	250m:	2:38.76	18.12	350m:	3:45.84	14.75
	75m:	42.52	15.37	175m:	1:46.38	16.03	275m:	2:56.93	18.17	375m:	4:00.60	14.76
	100m:	57.96	15.44	200m:	2:02.58	16.20	300m:	3:15.39	18.46	400m:	4:14.57	13.97

СПОНСОРЫ СОРЕВНОВАНИЙ:

